



Savoury Braised Chickpeas

with Feta and Garlic Toum

Veggie

Spicy

30 Minutes



Chickpeas



Bulgur Wheat



Yellow Onion



Garlic, cloves



Sweet Bell Pepper



Feta Cheese, block



Vegetable Broth Concentrate



Tomato Sauce Base



Baby Spinach



Mayonnaise



Zucchini



Curry Paste

HELLO CHICKPEAS

Hearty and flavourful, chickpeas are packed with fibre that keeps you feeling full for longer!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Garlic Guide for Step 4:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

Bust out

Measuring spoons, strainer, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Bulgur Wheat	½ cup	1 cup
Yellow Onion	56 g	113 g
Garlic, cloves	2	4
Sweet Bell Pepper	160 g	320 g
Feta Cheese, block	100 g	200 g
Vegetable Broth Concentrate	2	4
Tomato Sauce Base	2 tbsp	4 tbsp
Baby Spinach	56 g	113 g
Mayonnaise	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Curry Paste 🍛	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook bulgur

- Add **½ cup** (1 cup) **water**, **½ tsp** (1 tsp) **salt** and **half the broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Season with **salt**, then fluff with a fork.



Make garlic toum

- Meanwhile, add **mayo**, **½ tbsp** (1 tbsp) **water** and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.
- Roughly chop **spinach**.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Cut **zucchini** into ½-inch pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Drain, then rinse **chickpeas**.



Finish and serve

- Add **spinach** to the pan with **braised chickpeas**. Stir until wilted, 1-2 min.
- Divide **bulgur** between bowls, then top with **braised chickpeas**.
- Crumble **feta** over **chickpeas**. Dollop **garlic toum** on top.



Braise veggies and chickpeas

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, zucchini** and **peppers**. Cook, stirring occasionally, until **veggies** soften, 5-6 min.
- Reduce heat to medium. Add **chickpeas, curry paste, tomato sauce base, 1 cup** (2 cups) **water**, **remaining broth concentrate** and **half the garlic**.
- Simmer, stirring occasionally, until **liquid** reduces slightly, 6-7 min.
- Remove the pan from heat.
- Season with **salt** and **pepper**, to taste.

Dinner Solved!